



# PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—January 2007

## Next link in the bicycle chain

Hello QCBC, my name is Dean Mayne, and Dec. 1 started my term as club president.

Someone mentioned that if you need to get a job done, just ask a busy person. Somehow, my name came up. I resisted, but deep in my gut I thought I might actually be able to make a difference, if I put my shoulder into it, and accepted help from the team.

I'd like to thank the board and my predecessors for their trust and encouragement. In particular Errol McCollum for his guidance and willingness to steer the club for the last two years.

His cycling expertise and bulldog persistence led to some positive developments on the board and in our community. His success helping to eliminate the bike path bollards and his enthusiasm for cycling and community advocacy has served our club well. I'm certain he will remain active to keep cycling a dominant presence in the Quad-Cities area.

To keep our sport progressing and vibrant, we all

must step up and contribute to its development. Like other busy people, I'm a bit of an expert at balancing priorities and finding time to do what's important in my life: caring for my family, contributing to our community health, and living an active lifestyle. Knowing my priorities, the board promised to help me maintain my balance.

I've been active with the QCBC since 1990 and have had the good fortune of witnessing the leadership of a number of our officers. I have appreciated and learned from their different styles, priorities and personalities. So let me give you a little input about what you're getting into.

I served in the US Navy from '76  
(Cont. on page 6)



New Quad City Bicycle Club president Dean Mayne with his wife, Mary Beth and daughter, Molly.

### Editor's note:

This month, we got a wide variety of items to include in the newsletter. That is fantastic and greatly appreciated. It's great to have a mix of different items, so we have something for everyone.

We have a couple requests:

- The listed deadline to send items is the 10th of the month. We can go a few extra days, but have to cut it off at the 12th.
- Please keep items to 12 inches or less (about 500 words) when possible.
- If you're writing anything of that length, please email us a mug shot of yourself. If we have space, we'll use it with your article.
- And please let us know if you have any ideas for the newsletter. Email us at [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com)

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## Key Contacts

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808  
<http://www.qcbc.org>

### Officers:

President - Dean Mayne (563) 355-0995 or [e.mayne@mchsi.com](mailto:e.mayne@mchsi.com)  
Vice President – Phil Schubbe (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com)  
Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@mcleodusa.net](mailto:mathiasdebdean@mcleodusa.net)  
Treasurer – Karen Grimm (563) 445-7797 or [qcbc\\_treas@yahoo.com](mailto:qcbc_treas@yahoo.com)

### Board Members:

Karen Baber (309) 796-2476	Mike Desch (309) 755-4722	Charles Curry (309)797-9283
Frank Beshears (309) 787-4331	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

**Key Contacts:** A complete listing of Committee Chairperson and Key Contacts is available on the club's web site and in the front of the hard copy Ride Schedule and Membership Directory booklet.

**Mission Statement:** To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities Area.

**Club Meetings:** Are held twice a year at 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com).

**Submitting Articles for Newsletter:** Deadline is the 10th of the month. Please try to limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100. Call Heath Treharne for details (309) 786-8733.

**Major Activities of the Club Include:** Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, Annual Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB "Bikes Fly Free" program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:

<http://www.iowabicyclecoalition.org>

<http://www.bikeleague.org/>

<http://www.bikelib.org/>

# Why Not Make the ACE Connection?

By Chuck Oestreich

Here's an idea that might interest you: an email bicycling advocacy group here in the Quad Cities.

It occurred to me - actually I heard something like this at a League of Illinois Bicyclists meeting recently - that much can be gained through the use of email for bicycling. That's the reason for the ACE line - the Advocacy Connections Email line.

I'll email you observations, comments, feelings, what-have-you about the paths, roads, streets, motorists, enhancements, problems - anything connected with biking here in the Quad Cities.

You can do the same. And, of course, you may react to these emails with a short message, and then hit "reply." When I get your reply, I'll hit "forward" and send your message out to everyone on the ACE list. And I promise to do it under "Bcc" so that your address won't get spread around the Internet.

## What's the point?

1. We can identify problems.
2. We can suggest improvements.
3. We can give credit when it is due.
4. We can crab when discredit is due.
5. We can build a consensus for positive changes.
6. We can use our combined power to push for improvements.

How will this operate? It isn't a Web site or a blog - just a simple use of email. Every so often you'll receive a message by email from ACE. You either

read it and do nothing, or reply. If you reply, your ideas will be sent to everyone else in the ACE address folder.

They won't know it came from you, just that it came from ACE. You don't have to use your real name if you don't want to. Sign your input with a made-up bicycling moniker if you care to.

So what's the harm? You go for a ride and observe some problems or enhancements. You can call a few people or tell some friends, but that's usually as far as it gets. By using ACE, perhaps your observations will strike a chord with others and build to something happening about it. Who knows?

I think it's worth a try. If you do, send an email message to [ace@qconline.com](mailto:ace@qconline.com) asking to be included in the ACE Connection.

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A hearty congratulations to Rock Island officials who saw to it that the city's Mississippi River Trail was cleared of snow from the Dec. 8. snowfall. This is a first time ever for Rock Island, and another confirmation that valuable assets need to be made available year-round if possible. You have to be a little careful, since melted water accumulates in low spots on the trail and later freezes. But those little annoyances hardly compare to the joy of having the path open throughout the year. **Thank Jim Johnson, Public Works ([johnson.jim@rigov.org](mailto:johnson.jim@rigov.org)), and Bill Nelson, Superintendent of Parks ([nelson.william@rigov.org](mailto:nelson.william@rigov.org)).**



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*Hope deferred makes the heart sick,  
but a longing fulfilled is the Tree of Life.*  
Proverbs 13:12

Heath Treharne, DC—QCBC Member

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**Welcome New QCBC Members! Charlie Sattler**

Name	City/State	Phone	Name	City/State	Phone
David Bodenschatz	Bettendorf, IA	563-355-9181	Doug Simmons	Galesburg, IL	309-342-4358
Dan Dickens	Bettendorf, IA	563-359-1022	Larry Sandhaas & Suzanne Hoke	Milan, IL	309-787-3398
Brain Rashid	Bettendorf, IA	563-355-3878	Walt Depoorter	Moline, IL	309-762-9228
George Reger	Bettendorf, IA	563-332-9125	Dan Kelly & Debra Adam	Indianapolis, IN	317-356-2087
Mark Edwards	Clinton, IA	563-593-4179	Steve Carpenter	Mt. Vernon, OH	740-507-7072
Robert Sanders	Davenport, IA	520-906-7209	Joe Nivert	Chattanooga, TN	423-877-5497
Dick Wolbers	Davenport, IA	563-386-1511	Tony & Joan Thompson	Ooltewah, TN	423-238-9082
Jim & Barbarea Kall	Donahue, IA	N/A			

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or [csattler14@msn.com](mailto:csattler14@msn.com). Charlie prints out the labels for the newsletter and does the mailing of the newsletters.

Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month.

You can also view the newsletter online at [www.qcbc.org](http://www.qcbc.org).

**Membership Count: 12/18/06**

Number of:	Members	Memberships
Individual	392	393
Couple	324	162
Family	297	81
Complimentary	20	20
Life	7	4
<b>Total</b>	<b>1040</b>	<b>660</b>

Nov. 21, 2006  
 Mr. Tim Martin, Secretary  
 Illinois Department of Transportation  
 2300 South Dirksen Parkway Springfield, IL 62764

Ms. Nancy Richardson, Director  
 Iowa Department of Transportation  
 800 Lincoln Way  
 Ames, IA 50010



Dear Secretary Martin & Director Richardson:  
 We are writing to express our views on the design for a new Interstate 74 Bridge crossing the Mississippi River between Moline and Bettendorf. We believe the Interstate 74 Bridge design should include an attached pedestrian-bike trail and should be paid for with funds included for the Interstate 74 Bridge in the Safe, Accountable, Flexible, Efficient Transportation Act - A Legacy for Users (SAFETEA-LU).

As you are aware, approximately \$70 million was included for design and land acquisition for replacement of the current Interstate 74 Bridge in the Quad Cities. Area community leaders worked with us to secure federal funding in SAFETEA-LU for this important transportation project.

It was our intent that a new Interstate 74 Bridge would include a pedestrian-bike trail. We feel the new bridge should include full access for bicycle and pedestrian traffic which will encourage a greater number of non-motorized trips.

Federal transportation programs provide and encourage the construction of bicycle and pedestrian facilities associated with road, transit and bridge projects. We request the Illinois and Iowa Departments of Transportation use the federal Interstate 74 Bridge funds secured in SAFETEA-LU to include design of a pedestrian-bike trail crossing on the new bridge.

Sincerely,  
*Lane Evans, Member of Congress*  
*Barack Obama, U.S. Senate*  
*Richard Durbin, U.S. Senate*  
*Tom Harkin, U.S. Senate*



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## Lunch Ride

Kathy & Bill Storm

This year's Chili Lunch Ride was a few weeks later than usual because of a full schedule of QCBC activities from late September through late October. Kudos for our club!



This year, the Chili Lunch Ride ended up on the same weekend as the National Trails Symposium at the River Center. So we knew there would be overlapping activities.

Bill and I were relieved the weather cooperated and didn't rain as forecast. Twenty QCBC members joined us on the ride and for lunch afterwards.

We even had one NTS attendee (Cindy Heatz from New Hampshire) who rode over on her rented bike and joined us for lunch. Cindy was escorted from the Radisson in downtown Davenport to the Middle Park Lagoon shelter by Dean Mathias, who gave Cindy a wonderful tour of the Riverfront Trail, Jersey Ridge Road and central section of the Duck Creek Trail.

Vivian Norton, Katherine Weeks and Cheryl Morris helped set up the picnic tables and food, Bill Storm led a 35-mile ride in eastern Scott County.

Eric and Katherine's two children also were very helpful with wiping down the tables before the plastic tablecloths were set out. Once again, homemade chili was enjoyed by all, along with a big party sandwich from Hungry Hobo and lots desserts. No one goes home hungry from this event.

Thank you to everyone who participated in the Chili Lunch Ride this year and all the other MidPaced Rides. Our schedule this year was a full one with the addition of the "3 Hour Out and Back Rides". These rides are designed for members (and guests) who enjoy riding with a group on local area trails and country roads at an average speed of 13-16 mph. If you're interested in leading a MidPaced Ride in 2007, or have a suggestion for a new route, contact Kathy Storm at (563) 355-2564 or kbstorm@aol.com. There will be a meeting for Leisure and MidPaced Ride Leaders at 7 p.m. Thursday, Jan. 4 at the Bettendorf Public Library.

## *New Link (Continued from Page 1)*

to '86. Now, as Supervisor of Physical Therapy at Genesis Medical Center, I'm honestly comfortable around most people and with serving the needs of our community. I'm open minded, a bit of a tree hugger, long-time Sierra Club member, a Master Naturalist, a Leave No Trace Instructor, and my daughter's softball coach.

I've served on the QCBC board a couple times: most recently as a representative for FORC, a local mountain bike club, and previously as the Fall Century Ride co-chairman, (along with Rick & Joan Wren, back in '93' & '94). I love dogs, I like to run, hike, commute, tour and camp. I've raced mountain bikes, triathlons and marathons, but now prefer a slower pace, observing, developing and building community nature trails.

I believe the best cities in the country are people and bike friendly. I intend to be a facilitator and coach, encouraging all members to openly contribute their unique skills toward the advancement of cycling and our community.

I agree to guide our club in a progressive direction, and plan to keep members informed of our endeavors and successes. Please feel free to contact me at <e.mayne@mchsi.com>with your ideas and concerns. I am looking forward to serving you and this organization.



## January 2007 Ride Schedule

### *Winter ride schedule—October through April*

*Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.*

### January 2007

#### **Wednesday, January 3**

##### ***Morning Ride, Illinois Start***

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

#### **Saturday, January 6**

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Sunday, January 7**

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH) for a riders' choice ride.

#### **Wednesday, January 10**

##### ***Morning Ride, Illinois Start***

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

#### **Saturday, January 13**

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Sunday, January 14**

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH) for a riders' choice ride.

#### **Monday, January 15**

##### ***Martin Luther King Jr. Day Ride***

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

#### **Wednesday, January 17**

##### ***Morning Ride, Illinois Start***

9:00 A.M. Meet at Hardee's, 425 55th St., Moline (near CNH), for a riders' choice ride.

#### **Saturday, January 20**

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

#### **Sunday, January 21**

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH) for a riders' choice ride.

#### **Wednesday, January 24**

##### ***Morning Ride, Illinois Start***

9:00 A.M. Meet at Hardee's, 425 55th St, Moline (near CNH), for a riders' choice ride.

#### **Saturday, January 27**

9:00 A.M. Meet at the United Methodist Church, 1709 Cleveland Rd. in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

#### **Sunday, January 28**

9:00 A.M. Meet at Hardee's in Eldridge, Iowa for a riders' choice ride.

#### **Wednesday, January 31**

##### ***Morning Ride, Iowa Start***

9:00 A.M. Meet at Hardee's, 425 55th St., Moline (near CNH), for a riders' choice ride.

### **Ride Classifications:**

**Leisure Rides** – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

**Mid-Paced** – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October.

**Mid Paced** (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

**Fast Paced** – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

**Rider's Choice** – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

# RAGBRAI XXXV

Perm and Andy Horst  
Darlene Moritz - Registration

The Register's Annual Great Bicycle Ride Across Iowa for 2007 is still several months away, but you must register now if you want to be part of this great ride. **We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2006.** These are available on a first come, first served basis. The ride will be July 22-28 on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2007. In order for us to meet their deadline, we must have **all** registration forms and checks by February 26, 2007.

**The January and February newsletters will contain the RAGBRAI application and individual waiver form.**

## Fee Paid Tag

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$125.00. If you are **not** a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$40 to haul baggage from the start town to the end town.

## On-line Registration

Riders may register on the Ragbrai site at [www.ragbrai.org](http://www.ragbrai.org). By following the outlined steps one can easily register on-line with our group. Transportation and baggage service is an additional costs payable to our group. Send all money to Darlene Moritz, 2833 Kelling St., Davenport, IA 52804.

## Waiver required

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

## Souvenir Pack

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$20.00 or \$40.00) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 33rd Anniversary pack sells for \$40.00 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

## Transportation Provided

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 21 and baggage transportation between overnight stops.



The transportation and baggage fee is \$100.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$35.00.

If you have your own transportation to the start of the ride, the cost is \$40.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

Any rider under the age of 18 must be accompanied by someone over the age of 21, preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 20.

#### Home Stays

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website [www.ragbrai.org](http://www.ragbrai.org), after May 1, 2007

#### Miscellaneous

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground.

New feature this year. Would you like your tent set up for you? We have the guys to do that for you. The truck drivers Matt, Mark and Scott will do that for a fee. You will take your tent down each morning. You will need to talk with them at the starting town and they will tag your tent bag with a special tag.

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded.

We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Darlene Moritz, at 563-386-3499, or E-mail [dmoritz@machlink.com](mailto:dmoritz@machlink.com). Please address subject matter on e-mail as RAGBRAI material. If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY forms on pages 3 and 4. **We must have these 2 signed forms and your check by Feb 26, 2007.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your canceled check is returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

**Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.**

The route, with complete details, will be posted January 27, on the web site and also the Sunday Des Moines Register on the 28th. Check out their web page @ [www.ragbrai.org](http://www.ragbrai.org) for details.

# RAGBRAI XXXV REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXV article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 26, 2007.**

Make check payable to: QCBC, RAGBRAI.

## 1. PERSONAL DATA

NAME \_\_\_\_\_ BIRTHDATE (REQUIRED) \_\_\_\_\_

STREET \_\_\_\_\_ APT/STE/UNIT \_\_\_\_\_ PO BOX \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

DAYTIME PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

OCCUPATION \_\_\_\_\_ E-MAIL \_\_\_\_\_

Name of adult sponsor if under 18 \_\_\_\_\_

2. TYPE OF BICYCLE YOU ARE RIDING? \_\_\_\_\_

## 3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag	\$125.00	_____
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QCBC transportation/baggage fee (bus out & haul bags)	\$100.00	_____
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Baggage service only (find own way out)	\$40.00	_____
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Bus return to Davenport	\$35.00	_____
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Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$20.00	_____
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Des Moines Register "Premium Souvenir Pack"	\$40.00	_____
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(RAGBRAI XXXV poster and XL T-shirt)

RAGBRAI XXXV Jersey	\$45.00	_____
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Jersey size	SM _____ (34-36)	MD _____ (38-40)	LG _____ (42-44)	
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Club Cut	XL _____ (46-48)	XXL _____ (50-52)	XXXL _____ (54-56)	
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<b>Total</b>	<b>\$ _____</b>
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Register subscriber? Daily \_\_\_ Sunday \_\_\_ Daily & Sun \_\_\_ Non-subscriber \_\_\_

**Every rider must sign the liability waiver.** If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXV or in any of the activities associated with RAGBRAI XXXV.

Signature of rider \_\_\_\_\_ Date \_\_\_\_\_

Sponsor's signature, if rider is under 18 \_\_\_\_\_

MAIL TO **QCBC-RAGBRAI**; 2833 Kelling St., Davenport, IA 52804.

**PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$165 FOR "TAG" & BAGS; OR \$225 FOR BUS OUT, "TAG" & BAGS. ADD \$35 FOR BUS BACK TO DAVENPORT. ADD \$20 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$45.00.**

**NO TAGS, NO SERVICES PROVIDED.**

**IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS.**

**AGREEMENT, WAIVER &  
RELEASE OF LIABILITY**

**RAGBRAI® XXXV  
JULY 22-28, 2007  
The Des Moines Register**

**EACH ENTRANT MUST SIGN AN INDIVIDUAL WAIVER. FAXED WAIVERS WILL NOT BE ACCEPTED.**  
This form may be photocopied; however, faxed signed waivers will not be accepted.

I, the undersigned, know and understand that RAGBRAI and its related events involve potentially hazardous or dangerous activities. I attend RAGBRAI and all related events out of my own free will and choice. In choosing to attend RAGBRAI and any related events, I fully accept and assume all risks, whether before, during or after RAGBRAI and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of the road, camping, negligence of others and participating in events, including those along the route. All risks are known and appreciated by me and I waive any and all specific notice of the existence of them. I assume and will pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I authorize the use and release of personal and medical information in connection with any medical services provided to me.

I realize that RAGBRAI events require physical conditioning. I represent that I am in sound medical condition capable of participating in the RAGBRAI events without risk to myself or others. I have no medical impediment that would endanger others or myself. I understand that a situation may arise during RAGBRAI and related events that may be beyond the control of the sponsors, promoters, organizers or others or may arise from negligence by them and accept and assume all risks of participation and/or attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner that does not endanger either myself or others.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in RAGBRAI and its related events, I for myself, spouse, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold The Des Moines Register and Tribune Company and its parent company, subsidiaries and affiliated entities; RAGBRAI sponsors and participating clubs, communities and organizations; RAGBRAI officials, emergency and support personnel, volunteers and their representatives; official Friends of RAGBRAI; persons and entities that provide event recommendations, advice or services relating to matters such as route selection or maintenance, risk management, safety and first aid; all property owners, law enforcement agencies and governmental or public entities, including without limitation the State of Iowa, its counties, cities and special districts; and the officers, directors, employees, representatives, agents, and successors of all of the above, harmless from any and all claims, demands and actions of

any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in RAGBRAI and its related events. My waiver and release of all claims, demands, actions and liabilities shall include without limitation, any personal injury, accident, illness or death and any property damage or loss that may be: (a) caused by any act, or failure to act, by the above-identified persons and entities, including without limitation, their negligence, errors, omissions, failure to enforce rules, and conditions of the routes and/or event premises, and/or (b) sustained by me before, during or after RAGBRAI and its related events. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature for this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further acknowledge that no representations, promises, statements or inducements have been made to me other than as set forth in this document. I will abide by all RAGBRAI rules and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by The Des Moines Register and Tribune Company, and its licensees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses. I also waive any privacy rights that may result from disclosure of information about me, including without limitation, in connection with provision of any medical services by RAGBRAI sponsors and organizations. I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, claims and expenses, including attorneys' fees, arising from or relating in any respect to my attendance and/or participation in RAGBRAI and/or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf. We both agree to be bound by the terms of this agreement, waiver and release. We understand that no modifications or amendments to the standard Entry Form and the standard language of this waiver and release shall be binding unless they are accepted in a separate writing signed by the President of The Des Moines Register and Tribune Company.

If special arrangements are required for individuals with disabilities to complete and submit this form or if translation to another language is required, please contact T. J. Juskiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 9, 2007. The Register will take those steps reasonably available to accommodate your request.

Si arreglos especiales son requeridos por personas incapacitadas para completar o someter este documento o si se requiere su traduccion a otra lengua, notifiquese T. J. Juskiewicz en El Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50306-0622 antes de 9 del Marzo, 2007. El Register tomara las medidas razonablemente disponibles para acomodar su solicitud.

I (the previously-named entrant on the Individual Entry Form) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND I AM GIVING UP SUBSTANTIAL RIGHTS. (SUBMIT SIGNED ORIGINAL; FAXED OR PHOTOCOPIED SIGNATURE WILL NOT BE ACCEPTED.)

Printed Name \_\_\_\_\_

Date Signed \_\_\_\_\_

Unique ID \_\_\_\_\_

Signature Of Participant \_\_\_\_\_

Signature Of Parent If Participant Is Under 18 \_\_\_\_\_

**MUST BE POSTMARKED NO LATER THAN Feb 26, 2007**  
**SEND ENTRY FORM, SIGNED WAIVER AND CHECK OR MONEY ORDER TO:**  
**QCBC-RAGBRAI, 2833 Kelling St, Davenport, IA 52804**  
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## Tailwind Ride Plans are ready

Our annual Tailwind Century will be held Saturday, May 5 with Sunday, May 6 as the rain date. Hold the date and expect a few surprises with a well-supported ride. More information will follow as the date approaches.

This year's Grand Illinois Trail and Parks (GITAP) Three Rivers Ride will be held from Sunday, June 17 to Saturday, June 23. Enjoy a week of grand bicycling in a loop from Oswego, along the Illinois, Rock, and Fox Rivers, using trails and roads on the GIT for 315 to 565 miles, and camp at state parks.

Free Velosophie program from the Illinois Humanities Council. Sponsored by the League of Illinois Bicyclists with help from the Illinois Dept. of Natural Resources.

For more information and a registration form, visit [www.bikelib.org/gitap](http://www.bikelib.org/gitap), or contact Chuck Oestreich at [oestreich@qconline.com](mailto:oestreich@qconline.com) or (309) 788-1845.

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## Updated Winter Hikes

By Kathy Storm

The Quad Cities Bicycle Club invites you on the following Winter Hikes in December, January and February. All you need are a pair of hiking boots or other sturdy shoes, water and a snack. If there's snow on the ground, feel free to bring cross country skis or snow shoes.

All hike leaders have hiked in these parks. We'll plan to hike one to two hours, depending on the interest of the group.

Updates to this schedule will appear in the newsletter and on the Web site. If you'd like to lead a hike, contact Kathy Storm at (563) 355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com).

Here are the hikes planned so far:

-Saturday, Jan. 6 - 1 p.m. at Blackhawk State Historic Site, Rock Island. Meet at parking lot on south side of Blackhawk Road near the pedestrian overpass. Leader is John Wessel (563) 359-8350.

-Sunday, Jan. 14 - 1 p.m. at West Lake Park, Davenport. Park in lot

along east side of Y48. Hiking trails are on west side of the highway. Leaders are Judy Teeple and Bob Thompson (563) 386-3816.

-Saturday, Jan. 27 - 1 p.m. at Loud Thunder Forest Preserve. Meet at Hauberg Trail Picnic Area (West Branch). Leaders are Dean Mayne (563) 355-0995 and Sheri Fieweger, (309) 793-4266.

-Sunday, Feb. 4 - 1 p.m. at Wild Cat State Park. Met at The Mill parking lot. Leaders are Ken and Julie Urban (563) 326-3427.

-Saturday, Feb. 10 - 9 a.m. Carpool leaves Ross' Restaurant in Bettendorf for 11 a.m. hike at Matthiessen State Park. Leader is Cindy Botrell and Paul Sullivan (563) 355-7122.

- Sunday, Feb. 11 - 1 p.m. at Loud Thunder Forest Preserve. Meet at Hauberg Trail Picnic Area (West Branch). Leaders are Dean Mayne (563) 355-0995 and Sheri Fieweger (309) 793-4266.

-Sunday, Feb. 25 - 1 p.m. at Sunderbruch Park, Davenport. Meet at new parking lot off Telegraph Road. Leader is Dean Mayne (563) 355-0995.

For description of parks, visit the QCBC Web site.



# CPR TRAINING

TO ALL QCBC BICYCLE MEMBERS

This past spring we almost lost a member of our club who experienced a severe heart attack while riding with several members back to the Quad Cities. He was saved by a passing motorist who performed CPR.

It was very clear that many of our members do not know how to perform CPR. The American Heart Association (CPR ANYTIME) is providing a CPR class in the month of February.. Members of the QCBC board strongly recommend that you take advantage of this opportunity.. Someday you may not only save a life of a fellow rider, but also a family member... The information below is provided for registration and cost.. Should you have any questions please feel free to e-mail me and I will be glad to visit with you.

David Georlett  
QCBC board member  
dmgeorlett@mchsi.com



**WHEN** :FEBRUARY 17TH 2007

**WHERE:** MISSISSIPPI VALLEY FAIRGROUNDS 4-H BUILDING

**TO REGISTER:** CALL AFTER JANUARY 2nd 2007

CALL 441-4100 (EASTERN IA COMM. COLLEGE)

8AM ADULT CLASS #30970 (REGISTRATION #)

9AM ADULT CLASS #30980

10AM ADULT & CHILD CLASS #30981

11AM INFANT ONLY #30983

EACH CLASS WILL LAST ABOUT 1 HOUR

**COST** \$5.00 PER CLASS

- CPR ANYTIME IS THE CLASS BEING TAUGHT AMERICAN HEART ASSOCIATION STANDARDS.
- HEART HEALTHY SNACKS WILL BE SERVED.
- 100 TAKE HOME CPR MANIKANS TO THE 1ST 100 FAMILIES TO RESGISTER FOR ADULT CLASSES
- IF YOU WANT TO DO JUST ADULT CPR, THEN YOU NEED TO SIGN UP FOR THE 8 AM OR 9 AM CLASS
- IF YOU WANT TO DO ADULT AND CHILD, THEN YOU NEED TO REGISTER FOR THE 10 AM CLASS
- IF YOU WANT ONLY INFANT THEN YOU NEED TO SIGN UP FOR THE 11 AM CLASS.

HOPE THIS IS HELPFUL!!!

## Metro Bike Mapping the Quad Cities

By Chuck Oestrieck

You are getting this because you're a city bicyclist (at least I think you are) in the Quad-Cities and have valuable experience on our streets.

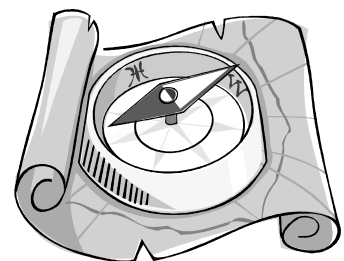
The League of Illinois Bicyclists, in cooperation with the Quad Cities Bicycle Club and Iowa Bicycle Coalition (hopefully) would like to produce and distribute a map of the Quad Cities that would:

1. Be generated by bicyclists who know the streets of our community.
2. Show streets that bicyclists recommend as the best available.
3. Show less comfortable streets that provide connectivity.
4. Show all trails.
5. Show bike friendly exits from the Quad Cities
6. Be financed by our bike shops and other interested contributors.

The goal of the map is to increase bicycle usage on city streets, ensure bicyclists are more visible, to advocate improvements that should be made, and ultimately to make our cities more comfortable places to bike - and to live.

You know our streets from a bicyclist's point of view. Would you share your opinions with others to help produce this map? Would you be willing to be on a committee that would meet a few times this winter to come up with the map?

If so, contact me at [Oestreich@qconline.com](mailto:Oestreich@qconline.com)



## Well Bespoken

By Scott Swanson

Do you like to lace? Can you dish? Is there stress? Do you feel tension? Are you true?

This may sound like something from the National Enquirer or Cosmo, but it's all about wheel building, the story of a rank beginner who had help from his friends.

I started down this road about four years ago when I was buying parts for the big red bike, mostly out of ignorance. I'm getting down to the last of those parts, having handed them out or using them as replacements after various groundings. My strongest motivation for building a wheel was that I had put a nice bend in a tubular rim in a practice lap at the Village Cross. My bunny hop needs work.

So, I'm minus one front wheel. Yes, I could have bought one. Bruce at Healthy Habits has lots to choose from. And, as he informed me, it's cheaper to buy one. But I got the urge to build one ... or two or three. Bruce had parts in the basement; ask him about anything and it may be there. I also bought a front hub on eBay. Next, spokes.

Sounds easy. But not so fast. You have to do geometry. You have to figure the effective inside diameter of the rim, know the diameter of the hub, and the diameter of your flange. And then you either do the trigonometry ... or use a spoke calculator.

I suggest spocalc.xls from sheldonbrown.com. It has a built-in database of lots and lots of rims and hubs, plus the formula for figuring spoke length. Remember, the spokes on your front wheel are all the same length. The left and right are different on a rear wheel.

While I'm figuring out spoke lengths, I figured I'd practice lacing a rim by taking apart a wheel I had at home and trying to put it back together. Easy, eh? (a recurring theme). Well, it is if you notice the pattern before you unlace it. Look at your wheels. They may be radially laced, or have a 2-cross, 3-cross or 4-cross pattern.

Three-cross is very common. It means that a crossing spoke goes over two spokes and passes under a third before meeting the rim. I thought I had it together, but no. I had laced spokes of a length for a 4-cross wheel in a 3-cross pattern. Not pretty, not even

workable. But I finally got it right, after six tries. Even then, there was an oddity that would take too much space to describe.

Finally, after ordering spokes to specs I had triple-checked, I had my parts: rims, spokes, and hubs. I think it took me three tries to lace things properly. I took my prize to Healthy Habits, thinking I would hand it to Bruce to have him tension it, round it, and true it. He approved my lacing, but as I stood there, he said "You've come this far; you're going to finish it."

So I took my wheel to the truing stand. I was told I had to lube each spoke at the nipple. Then I had to tighten each down to show only 2 threads, and then add a drop of Loctite. Next was to tighten them all down a full turn. That was when I learned that I needed to DISH the wheel. Aaaaaaargh.

So I loosened and tightened, and learned about stressing. That's when you grab pairs of spokes in line with the wheel and squeeze. This straightens the spokes, allowing more tightening of the spoke nipples.

Also, you stress them by grasping a set of four across the rim and squeezing. Then you put the wheel into round (no high or low spots) and then put the wheel into true (no spots left or right of center). As they say on medicine bottles, repeat as needed.

Three hours later, I had a complete wheel. At my speed and \$35 per hour labor - four hours - made the wheel cost \$140, without parts. But hey, it's *my* wheel. It's not the latest or greatest, not by a long shot. But I learned something new. I gained a deeper understanding of what I ride. A wheel by any other name is not a simple matter.

I have put together two more wheels since then. Each took about three hours. I have plans for either two or four more - remember those eBay parts?

Next season, I'll take out my wheels and ride them, knowing exactly what's keeping me going. Yeah, that's pretty sexy. Many thanks to Bruce and Moon and Jeremiah.

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### RAGRI 2007 (Cont. from page 9)

a.m. every morning, regardless of weather conditions.

If you have any questions, contact Darlene Moritz at (563) 386-3499, or email [dmoritz@machlink.com](mailto:dmoritz@machlink.com). Please put RABBRAI in the subject line. If I need to call you back, please leave an evening phone number. If a return call requires a long distance call, it will be collect.

Remember, fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form and send them with your check by Feb 26. We cannot accept applications sent by registered mail. No confirmation will be sent. Your canceled check is

your confirmation. Please notify the RAGBRAI committee of any address, telephone or email changes before the ride. If an email address is provided, then expect all correspondence by email. Ensure the email address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be posted Jan. 27, on the Web site and be in the Sunday Des Moines Register Jan 28. Check out their Web page @ [www.ragbrai.org](http://www.ragbrai.org).

## Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type:  Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application \_\_\_\_\_

Family \$20/Year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_  
(Incl. Area Code)

Email \_\_\_\_\_

**NOTE:** The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Membership in Other  
Bicycling Organizations

League of Am.  
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	Birthdate	M/F	<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

\*Single adult up to 22 years, using their parent's address as their primary address, may continue on their parents membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

### Liability Release—Signature Required

Individual Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (spouse) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian for Children under 18 \_\_\_\_\_ Date \_\_\_\_\_

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/1/06

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808

Presorted Standard  
US Postage Paid  
Permit No. 3006  
Davenport, Iowa

**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**

**2006 QCBC annual mileage listings.**

If you'd like to submit your annual miles for 2006, to be posted in the club newsletter please submit them to Jim Merritt by Jan 7. Email them to [jimm1962@mchsi.com](mailto:jimm1962@mchsi.com) or call Jim at (563) 285-4284.

The mileage accumulated may be ridden on any type of "human powered" bicycle, but the miles must be ridden outdoors.

The following people have accumulated the required mileage to be eligible for the award in the following three categories:

**"Once Around the World"** (24,901 miles): John Pepke, Doug McCollum, Joe Cress, Jimmy Mamayek, Bob Payne and Susan Wolf

**"Twice Around the World"** (50,000 miles): Barney Young, Betty Grendysa and Phil Fellner

**"Four Times around the World"** (100,000 miles): Gabe Verstraete and Joe Van Houtte

**"Six Times around the World"** (150,000 miles) Warren Power

